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HAVEN FOR PARENTS
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'DRUNKOREXIA'
MORE WOMEN SKIPPING
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COUNCIL TO VOTE ON REGIONAL RAIL LINE

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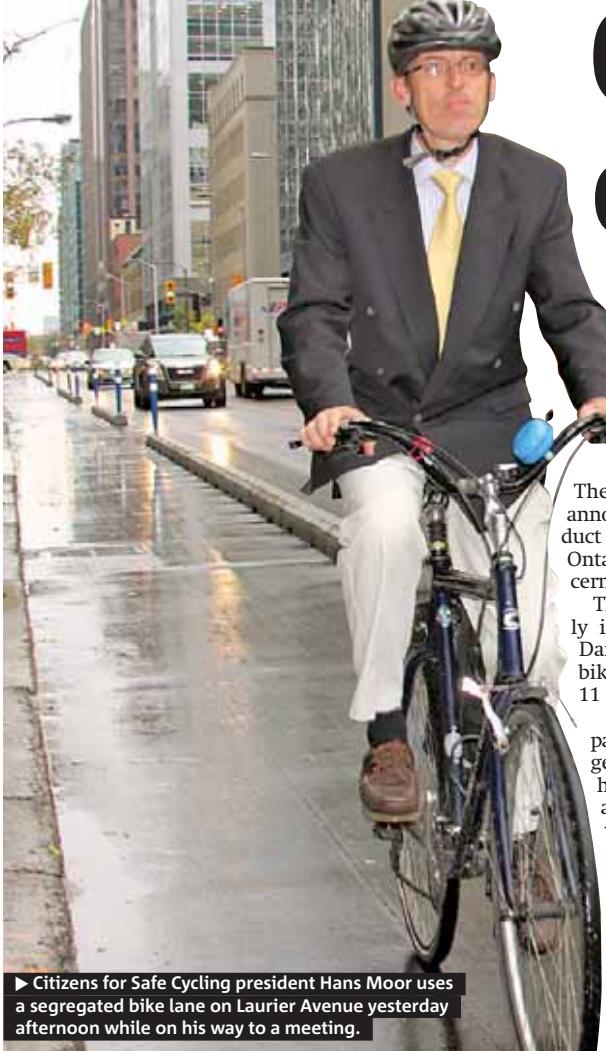
Tuesday, October 25,
2011

www.metronews.ca



News worth
sharing.

JOE LOFARO/METRO



► Citizens for Safe Cycling president Hans Moor uses a segregated bike lane on Laurier Avenue yesterday afternoon while on his way to a meeting.

Coroner to review cycling deaths

► Announcement comes after woman was killed biking earlier this month ► Effort to expand similar review done in Toronto in 1998



JOE
LOFARO
@METRONEWS.CA

The Chief Coroner of Ontario announced that his office will conduct a review of cycling deaths in Ontario as a result of public concern about cyclists' safety.

The review is particularly timely in Ottawa after 33-year-old Danielle Naçu was killed while biking on Queen Street on Oct. 11 after being hit by a car door.

Last week Sommit Luang-pakham was found guilty of dangerous driving causing bodily harm and leaving the scene of an accident for his collision with cyclists on March Road in 2009.

Neither Naçu's death nor the March incident will be reviewed, as Dr. Dan Cass, the Office's Regional Supervising Coroner for Toronto-West, said only deaths between 2006 and 2010 will be includ-

ed. Cass will lead the review, which is already underway.

Cass cited several reasons for initiating the review, namely cycling deaths in Ontario being an ongoing safety concern, significant public interest from advocacy groups, and efforts to broaden a similar review done in Toronto in 1998.

"There were a number of things that came out of that review that were positive and we're hopeful that similar things will be identified and will arise from this review that will help us make recommendations to prevent deaths going forward," said Cass.

Several changes were made at the end of the Toronto review, including enhancing the amount of cycling content in the driver's handbook for new drivers and updating the Canada-wide CAN-BIKE education program.

The Office said it will publish a report from its findings after the new province-wide review is completed in Spring 2012.

Ottawa-based Citizens for Safe Cycling welcomed the news yesterday.

"It is definitely time to take a closer look to how people die on bicycles," said

Cycle of danger

- The Office of the Chief Coroner of Ontario said it will look at 60 to 80 cycling deaths between 2006 and 2010 for the provincewide review.
- Some 15 to 20 cyclists die annually in Ontario as a result of accidental injuries.
- In Ottawa, there were six cycling deaths in 2010, two in 2009, none in 2008, three in 2007 and one in 2006.
- The number of collisions involving cycling in Ottawa have ranged from 240 to 260 per year in the last four years.
- With more than 1,000 cycling injuries per year, Toronto has a higher number of reported bike-car collisions per capita than that of any other Canadian city, according to Toronto Cyclist Union board member Patrick Brown.

the advocacy group's president, Hans Moor. "It's important to see where things go wrong and where we can fix that before we have even more accidents."



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First Nations leaders gather in Ottawa

More than 200 entrepreneurs, politicians and First Nations leaders from across the country got down to business yesterday for the first-ever National Aboriginal Entrepreneurs Conference and Trade Show in Ottawa.

Minister of Aboriginal Affairs John Duncan opened the two-day event at the Westin Hotel by pledging

more than \$3 million to the Métis Entrepreneurship Fund. The money will help Metis businesses access between \$250,000 to \$1 million.

Canadian Council for Aboriginal Business CEO Clint Davis said expansion is one of the challenges aboriginal businesses face due to the difficulty in raising money.

"They don't have a huge network of contacts within the business community, so they at times can operate in isolation."

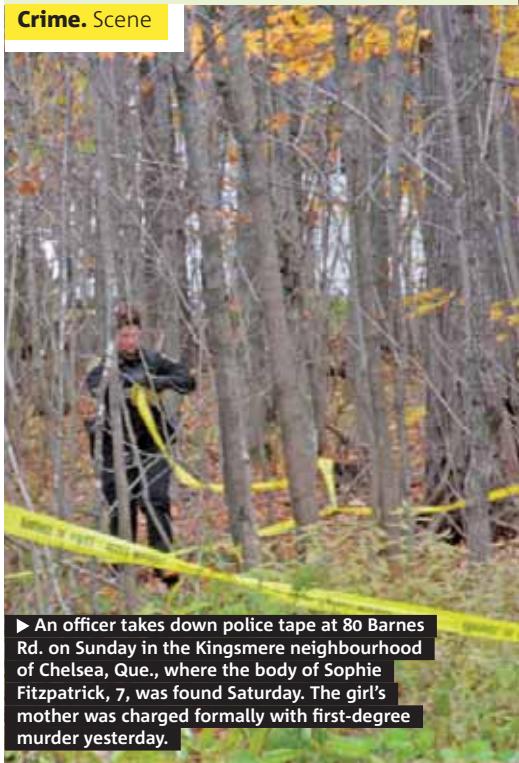
Davis said the council organized the two-day conference to get aboriginal business people from across the country in the same room to see where the opportunities lie.

JOE LOFARO



► Canadian Council for Aboriginal Business CEO Clint Davis.

Crime. Scene



► An officer takes down police tape at 80 Barnes Rd. on Sunday in the Kingsmere neighbourhood of Chelsea, Que., where the body of Sophie Fitzpatrick, 7, was found Saturday. The girl's mother was charged formally with first-degree murder yesterday.

JESSICA SMITH/METRO

Mom makes court appearance

Catherine Dufresne, 53, the mother of seven-year-old Sophie Fitzpatrick, made a brief court appearance in Gatineau. Dufresne's lawyer requested a 30-day psychiatric evaluation and announced his intention to seek a publication ban at the next court date.

City wants no stake in rail line

► Proposed line would accommodate additional freight and eventually passenger service from Pembroke into Ottawa by way of Pontiac, Fitzroy Harbour



JESSICA SMITH
@METRONEWS.CA

The City of Ottawa is on board, in theory, with plans for regional rail service northwest of Ottawa — but not willing to accept any liability for the project.

City council will consider a motion tomorrow by councillors Marianne Wilkinson and Eli El-Chantiry that will let municipalities in Renfrew County and Pontiac revitalize a rail line known as the Beachburg Subdivision but keep Ottawa out of the deal.

The line runs from Pembroke, through Pontiac, and east from Fitzroy Harbour into Ottawa. CN is in negotiations to sell the line to the proponents of the regional rail service, a group

called Transport Pontiac Renfrew (TPR).

TPR initially proposed a plan that would see Ottawa — and all the other municipalities along the line — receive the line as a gift from CN and issue a tax receipt to CN, before turning the line over to TPR.

"Our legal team said we didn't want to own it at any time," said Wilkinson. "If an accident happens and the consortium doesn't have enough money to pay the legal bill, it goes back to the next-last owner, which would be the city for 10 minutes," she said.

Ottawa isn't the only wary municipality. Laurentian Valley township Mayor Jack Wilson said his council also decided to

back out of the tax-receipt plan after consulting with a lawyer.

Mayor of Township of Whitewater Region Jim Labow said he is waiting to hear back from the Canadian Revenue Agency on the issue.

Pontiac county Warden Michael McCrank said the four Quebec municipalities on the line are willing to go along with the tax receipt plan, because TPR will carry insurance and only operate if it's profitable.

"It's very important going forward," he said. Pontiac and Renfrew counties were developed with a rail line."

.....
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1
news



President Obama announces a plan to help reeling U.S. homeowners repay upside-down mortgages. Scan the code for the story.

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On the web at metronews.ca

Expect markets to be volatile until EU leaders finalize plans for solving the debt crisis. Allan Small has more at metronews.ca/investing



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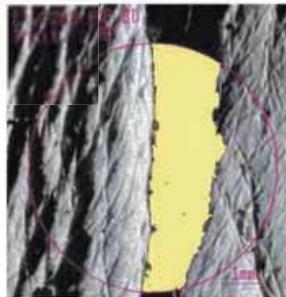
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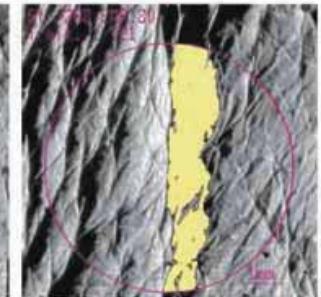


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TUESDAY, OCTOBER 25, 2011

Bodies 'piled' in sunken car, police diver testifies

► Window was open, water was shallow enough that victims could have stood on car roof, officer says ► Trial continues in 'honour killing'

A police diver at first couldn't tell how many bodies were inside a submerged car found in the Kingston Mills locks in Kingston, Ont., two years ago.

The bodies were "piled" on each other, OPP Const. Glenn Newell testified yesterday at the first-degree murder trial of three people charged in the deaths of four Afghan women.

Newell said when he entered the water and got a look at the submerged car he could see there were bodies and a floating teddy bear in the car.

Newell said the driver's-side window was completely down and the car was in about two metres of water.

Inside the Nissan Sentra were the bodies of sisters



THE CANADIAN PRESS

Zainab, 19, Sahar, 17, Geeti, 13, and Rona Amir Mohammad, 52, the first wife of Mohammad Shafia.

Shafia, his second wife, Tooba Mohammad Yahya, 41, and their son Hamed, 20, have pleaded not guilty to four counts of first-degree murder.

Newell said people usually try to get out of a submerged car, but it didn't appear that the victims had tried in this case.

"They were all piled on top of each other almost. It was very strange," he said.

The fact that the window was down and the wa-

ter was shallow, about a metre from the top of the car to the surface, didn't make sense, he said.

"I would think it would make it very simple for somebody, who could get to that window, to get out of that window," he said.

Based on the position of the bodies it was impossible to determine who had been driving, but Newell noted the car was in first gear and the keys in the ignition.

"It didn't really make a whole lot of sense to me how that would happen," he said, adding he made a point of telling officers on the surface that he was "quite perplexed" about not being able to identify the driver. THE CANADIAN PRESS

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Where refugees can dream

► Life a journey, not a destination for those living in Dadaab, Kenya
 ► Metro offers a glimpse inside the world's largest refugee camp

In the middle of the desert, 100 kilometres from Somalia and 500 kilometres from Nairobi, Mohamed and Hussein, both 22, listen to an MP3 player on their plastic chairs while waiting for kids to be vaccinated. Since last summer, an epidemic of measles has been spreading all over Dadaab, a camp with 450,000 people. Ninety-seven per cent of them are Somali citizens who escaped their country because of drought, famine and lack of security. Dadaab refugee camp, established in 1991, has been getting bigger and bigger ever since.

Mohamed and Hussein work as nurses at the International Rescue Committee (IRC) hospital. In fact, it's only a bunch of white tents where newly arrived refugee families can get medical treatment and food for their malnourished children.

The young men have been assigned to the Kam-bioos annex, a new camp set up by UNHCR, the UN refugee agency, to relieve overcrowding in historical camps of Dagahaley, Agadera and Ifo.

Fortunately, a groundwater reserve has just been discovered here, food is provided by the UN World Food Programme on a daily basis but everything else — education, hospital, toilets and even security — is still lacking.

Mohamed and Hussein

know too well what this is all about. There are Somali refugees who came here with their families when they were two years old. Mohamed often says, "I wish I could come back if my country was peaceful."

But will it ever be? In Somalia, al-Shabab fighters control most of the country including the outskirts of Dadaab refugee camp. Somali authorities have not been able to create a stable government for the last 20 years and African Union troops in Mogadishu are

overwhelmed.

Canada, the United States and Great Britain are the few countries that offer exile to Somali refugees. A dozen of ex-Dadaab residents are now enjoying scholarship in Canadian universities, for example. But competition is fierce and Mohamed believes he might never be able to leave Dadaab. Life is tough in the desert but he is thinking about settling down for real.

"I am going to start looking for a girlfriend here. I hope she will be educated

and hard-working like me."

Once Mohamed gets married, UNHCR will give him a tent. He might want to start a small business with his brother, who studies at a Dadaab vocational school financed by the Norway Refugee Council. Here, young Kenyan locals or refugees learn how to cut hair, apply makeup, sew and even how to fix a radio receiver.

The school headmaster admits that it's hard to convince refugees to turn up at school everyday: "Some of

our students have never seen their parents working, since everybody here relies on food supply. And others think they will never escape: we call it the Bufis Syndrome (Bufis is a Somali word that expresses a strong desire for relocation). Our main task is to motivate them."

Mohamed and Hussein also discovered that their refugee situation made young local Kenyans jealous.

"We went to school and found a job. They did not."



JORDAN POUILLE METRO WORLD NEWS

ALL IMAGES: JORDAN POUILLE/METRO WORLD NEWS



Dadaab camp

Dadaab, with a total area of 50 square kilometres and a population of roughly 450,000, is the largest refugee camp in the world.



Refugees go online

Despite a sense of abandonment, refugees stay connected. In Kenya, you can get 3G Internet access on your mobile phone for \$3 US.

Many no longer rely on UNHCR for their resettlement. They use social media to call for help. ● JORDAN POUILLE



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Lesbian couple turfed from Timmies

► Tim Hortons says it apologized, not store's intent to 'offend or target anyone based on ... sexual orientation'

A southwestern Ontario reverend says he was acting as a concerned father when he complained about a couple's public display of affection at a Tim Hortons in Blenheim last month.

Eric Revie of Glad Tidings Community Church says he was there with his wife and two children when he asked the manager to tell the couple to tone it down.

Riley Duckworth, 25, of London, and her partner Patricia Pattenden, 23, say they were told to leave the coffee shop because they are lesbians.

But Revie says at the time he thought it was a man and woman and found out the couple was actually same sex after he

"The guests' behaviour went beyond public displays of affection and was making other guests feel uncomfortable"

ALEXANDRA CYGAL, MANAGER OF PUBLIC AFFAIRS AT TIM HORTONS

complained.

"There was a couple that were straddling each other, making out ... not just kissing, going further than that," Revie told a Chatham radio station yesterday.

"I had my children there. I asked the manager if she could ask them to tone it down," he said.

Duckworth says she and Pattenden were outside drinking coffee with family and friends and kissed once or twice but denies they were groping each other.

Duckworth said she and Pattenden were told "to leave within five minutes or the cops would be called."

Dozens of people, including friends, family and members of Pride Chatham-Kent, plan to demonstrate outside the coffee shop on Thursday.

Alexandra Cygal, a Tim Hortons spokeswoman, said management has apologized and invited the women back.

Duckworth said she'll never return to Tim Hortons again. **THE CANADIAN PRESS**

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression.

The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Research programs are reviewed by an ethics review board.



► Russian police officers detain protesters during an unsanctioned pro-democracy rally in front of the Central Election Commission office in downtown Moscow yesterday.

IVAN SEKRETALEV/THE ASSOCIATED PRESS

Protesters rounded up

Police detained at least 12 activists and dispersed an unauthorized opposition rally against the Kremlin's control over elections in Russia and Prime Minister Vladimir Putin's decision to run for a third presidential term in the next election.

Few jailed over grow-op charges: Study

Only about one of every six people convicted in marijuana grow-op cases goes to jail, says a newly released Justice Department study.

The finding suggests the new minimum-sentence provisions in the Conservative government's omnibus crime bill could dramatically increase the number of people behind bars for running grow-ops.

Bill C-10, now before a House of Commons committee, would impose a minimum sentence of six months' jail for anyone growing between six and 200 marijuana plants. Minimum terms increase in steps to two years for higher quantities, with more severe terms for using rented premises. The study was obtained under the Access to Information Act.

THE CANADIAN PRESS



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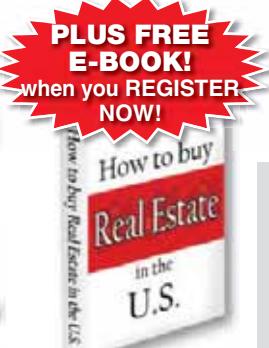


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Search ongoing for quake victims

► Turkey's deputy PM expects search-and-rescue efforts to end as early as today ► About 1,300 injured

Distraught Turkish families mourned outside a mosque or sought to identify loved ones among rows of bodies yesterday as rescue workers scoured debris for survivors after a 7.2-magnitude quake that killed nearly 300 people.

Rescue teams with generator-powered floodlights worked into the night in the worst-hit city of Ercis, where running water and electricity were cut out by the quake that rocked eastern Turkey on Sunday.

Unnerved by more than 200 aftershocks, many slept outside their homes, making campfires to ward off the cold, as aid organizations rushed to erect tents for the homeless.



► Emergency workers carry a youth they rescued from a collapsed building in Ercis, eastern Turkey, yesterday.

Victims were trapped in mounds of concrete, twisted steel and construction debris after at least 100 buildings in two cities and mud-brick homes in nearby villages pancaked or partially collapsed in Sunday's earthquake. About 80 mul-

ti-storey buildings collapsed in Ercis, a city of 75,000 that lies in one of Turkey's most quake-prone zones.

Cranes and other equipment lifted slabs of concrete, allowing residents to dig for the missing with shovels. THE ASSOCIATED PRESS



Afghans. Protest

► An Afghan protester holds up a poster during a demonstration against a proposed U.S.-Afghan strategic security agreement in Kabul yesterday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Potential security deal denounced

Several hundred people, including students, demonstrated at Kabul University against a proposed U.S.-Afghan strategic security agreement that many in the country interpret as affording foreign forces long-term bases in Afghanistan.

Israeli comments draw outrage

Israel's foreign minister charged yesterday that Palestinian President Mahmoud Abbas is an "obstacle" to peace and that he hopes

Abbas will soon resign.

The comments by Avigdor Lieberman drew an angry response from Palestinians, who accused

him of calling for an assassination and appealed to the United States and European Union to intervene.

THE ASSOCIATED PRESS

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October 3-November 30, 2011

News in brief

RALPH Orlowski/GETTY IMAGES

**Canadians fix up their maps**

MAP MAKER. Google is taking inspiration from Wikipedia and inviting Canadians to scan Google Maps in their hometowns and make improvements.

A new tool called Google Map Maker, which launched yesterday, allows users to add roads, rivers, trails and points of interest — such as stores and libraries — or make edits to get rid of incorrect or outdated information.

THE CANADIAN PRESS

Google search tool changes

REACTION. Google has quietly made significant changes to how it performs searches and users are demanding an undo.

Users on Google's help forum recently noticed that adding the + symbol in searches no longer works.

Using the + symbol before a word ensured that Google only retrieved web pages including that term. For example, a search for "+Canada online" produced a list of web pages that all included the word Canada somewhere on the page.

Now, users must use double quotation marks around a word instead of the old + symbol: "Canada" replaces +Canada in Google-speak.

Reaction to the change has been largely negative.

THE CANADIAN PRESS

WikiLeaks on brink

- Restrictions have cut funding by 95%, says Assange
- Average monthly donation fell to below \$10K US in '11

WikiLeaks — whose spectacular publication of classified data shook world capitals and exposed the inner workings of international diplomacy — may be weeks away from collapse, the organization's leader said yesterday.

Although its attention-grabbing leaks spread outrage and embarrassment across military and diplomatic circles, WikiLeaks' inability to overturn the block on donations imposed by American financial companies may prove its undoing.

"If we don't knock down the blockade we simply will not be able to continue," said founder Julian Assange to journalists yesterday.

Assange said his group would cease what he called "publication operations" to focus its energy on fundraising. He added that

► WikiLeaks founder Julian Assange talks to members of the media in London yesterday. Assange said that financial problems may lead to the closure of the notorious secret-spilling site at the end of this year.



WikiLeaks — which he said had about 20 employees — needs an additional \$3.5 million to keep it going.

WikiLeaks, launched as an online repository for confidential information, shot to notoriety with the April 2010 disclosure of footage of two Reuters jour-

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

nalists killed by a U.S. military strike in Baghdad. It then published nearly half a million secret military documents from the wars in Iraq and Afghanistan, raising concerns about the actions of the U.S. and its local allies.

But it wasn't until Wik-

Market moment

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iLeaks began publishing a massive trove of 250,000 U.S. State Department cables late last year that the financial screws began to tighten.

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THE ASSOCIATED PRESS

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Selling old gold and silver jewelry? The bad. The ugly. The good.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

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Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.

DIY COSTUME TRICKS A TREAT

SHE SAYS ...

JESSICA NAPIER

METRO



All right made-up holiday enthusiasts, October 31st is just around the corner and while some of us like to plan elaborate costume concepts months ahead of time, I'm sure plenty of you are still scrambling to figure out what to wear come Halloween night. Before you spent \$50 on a lame store-bought pirate costume (oh look, another Captain Jack Sparrow), you might want to consider what you're trying to achieve on the most spooktacular night of the year. Whether you're going for scary, sexy or something else entirely, here are a few do-it-yourself costume ideas with various outcomes.

Objective: Upstage all of your friends in an inappropriate fashion.

Costume: Pippa Middleton (bridal edition).

What you'll need: Body-hugging white dress, fake British accent, show-stealing caboose.

Objective: When it comes to Halloween, you want people to know that you're totally over it.

Costume: Brooklyn hipster.

What you'll need: Plaid shirt, ironic mustache, Moleskin notebook filled with passages from your favourite posts on Thought Catalog. Remember to keep your "I'm so bored" face on for the entire night.

Objective: Finish all of that leftover self-tanner you've been meaning to throw out.

Costume: Lindsay Lohan mug shots through the ages.

What you'll need: Three friends, blond wigs, orange jumpsuits. Don't forget to practice your parole-breaking smirks beforehand.

"Ryan Gosling in Drive ... If you can pull this off, call me."

smoldering good looks. If you can pull this off, call me.

Objective: Inspire others to question whether it's "too soon" for your costume.

Costume: Steve Jobs.

What you'll need: Black turtleneck, jeans, iPad, questionable sense of timing.

Objective: Accumulate enough mini Snickers bars to last you until mid-December.

Costume: Good-natured parent.

What you'll need: Comfortable walking shoes, flashlight, pillowcase, borrowed child willing to share the goods (this might be hard to find).

Objective: You want fellow partygoers to roll their eyes and call you a tool.

Costume: Charlie Sheen.

What you'll need: Bowling shirt, fedora, vials of #tigerblood, a couple of blonde women willing to act as your "goddesses" for the evening (even harder to find than the aforementioned candy-sharing child).

.....
Read more of Jessica Napier's columns at metronews.ca/shesays

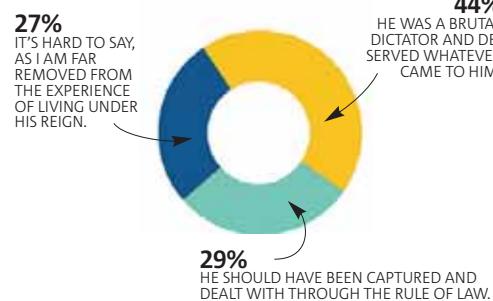


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Register at metropolitanpanel.ca and take the quick poll

What do you think of the end of Gadhafi?



Local tweets



- @NessLafleur: Marketing midterm tomorrow morning. Fanreakintastic considering I haven't studied yet.
- @ikillbxtches: now that i got all this drama worked out.. i can finally stick my nose back into the books! i refuse to fail this midterm
- @_oliviabee: i'm way to dumb for my midterm tomorrow so maybe i should just accept failure and sleep.
- @petitmonstre: @kayimmyh ...one of the songs on my midterm list sounds like the loading in Buy Mode music from The Sims. Guess how I'm remembering it?
- @jordancampb: 12 hours until my radio show, then another 10 until my midterm. One crazy birthday :)

Worth mentioning

SHUTTLECOCKS. Russian President Dmitry Medvedev promoted the game of badminton in his video blog yesterday, describing it as the choice of those who seek success.

Dressed to play and holding a badminton racket, he told viewers that the sport helps not only in developing physical fitness and quick reactions but in learning to make decisions in life.

"Those who play badminton well can make quick decisions, which means they have the will to achieve success," Medvedev said in the clip posted on the Kremlin website.

He is then shown playing the game with Prime Minister Vladimir Putin, the two of them hitting a shuttlecock back and forth in an otherwise empty sports hall.

Medvedev's video clip was intended to promote badminton in Russian schools, but it was met with some ridicule on the Internet — even on his own edited blog, where Dmitry Yermolayev suggested that he should be worried about "more global issues than the type of physical education in schools."

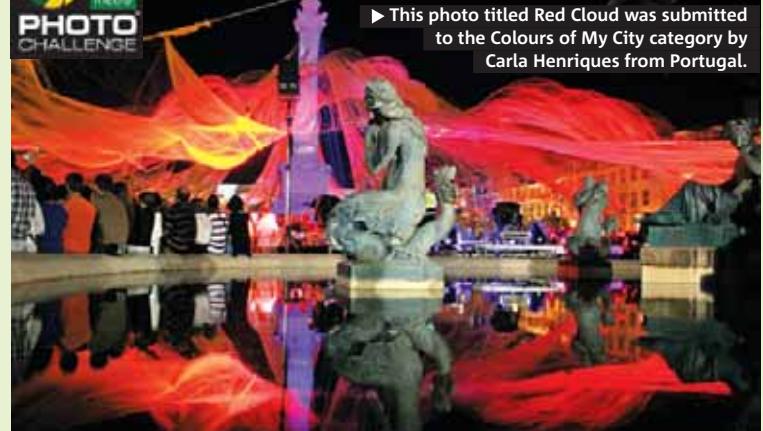
THE ASSOCIATED PRESS

photo of the day



photo of the day

► This photo titled Red Cloud was submitted to the Colours of My City category by Carla Henriques from Portugal.



Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Vette stalls theft dead in its tracks

A would-be car thief allegedly armed with an axe has learned a powerful lesson from a powerless car parked in a Prince George, B.C., driveway.

RCMP Cpl. Craig Douglass said yesterday that Brent Jameson Morgan, 20, allegedly jumped into the idling Corvette just as the owner was putting away a charger used to revive the sports car's dead battery.

The owner watched in disbelief as the suspect rolled up the power windows, locked the power doors and

promptly stalled the vehicle.

The shocked owner wasn't able to take any action because the man in his car was brandishing bear spray, Douglass said.

With not enough juice in the battery to restart the car, the suspect was trapped inside the Corvette after failing to break the window with the victim's anti-theft steering wheel lock and an axe in his backpack.

"As it turns out, all the suspect would have had to do was manually slide the door lock to the side and the door would have opened," Douglass said.

Morgan has been charged with theft, mischief, possession of break-in instruments and one other charge.
THE CANADIAN PRESS

Felicity Jones bares all

► The Like Crazy star dishes on the movie's heavily improvised, non-stop filming style



British actress Felicity Jones makes a name for herself with Like Crazy, a lyrical, honest portrayal of a young couple (Jones and Anton Yelchin) dealing with the harsh realities of romance at odds with the practical world. It's a bold, emotionally honest performance, and one Jones had to maintain throughout shooting — the heavily improvised film was shot nearly round-the-clock, with the two leads never knowing what exactly would make it on screen. An odd working experience, to be sure, but one Jones says changed her life.

You were pretty much in character around the clock for this movie. How was that?

You just have to live and breathe it for the time that you're making the movie, so you don't have the mind-space to think about anything else but that. And so we were all at a point in our lives where we wanted and were able to just completely immerse ourselves in this project. And so we just spent every minute of the day with each other. It became this rather intimate triumvirate with Drake, Anton and I. We all felt that we wanted to make something unusual and wanted to be brave and



► Felicity Jones says that filming Like Crazy nearly around the clock and in a heavily improvised way changed her life.

not be conventional.

How has your approach to other projects changed after working this way?

I found after Like Crazy, it was a revolution in many ways, in that all the ideas I'd had about acting and about performance were completely changed. And after Like Crazy, I felt this incredible calmness that I'd never had before. As an actor, because you don't have control over the whole product, you become quite the perfectionist. But after Like Crazy I suddenly just

felt more relaxed about letting things be, and that the whole ethos of improvisation is that things will happen, and interesting creative things will happen if you relax. And I took that mantra with me. I think every few years there's a job that completely changes everything, and Like Crazy was one of those jobs.

The film skips over a lot of the bigger, more traditional movie moments for a romance.

What's interesting is — because we shot so much

footage and the takes are so long — is that you just keep going until you find something interesting. You can be filming 40-minute takes and things like that. It was really unclear where the story would go, and actually things that were in the outline that were in the original script didn't end up in the final film. I was so surprised when I first watched it that you spend so little with them when they're actually enjoying their relationship. That's such a small part of the film, and in the original

script that was half the movie.

That summer courtship montage does go by incredibly fast.

Exactly, exactly. But in a way I think that's what makes it so powerful, because as an audience you feel like, "I want more of that!" Which is how they feel. It's exactly what we want. We want to manipulate your emotions.

How do you decompress from making a film like this?

Um... lots of alcohol (laughs). Don't put that in. Just reading and watching movies, and moving very little from the couch to the kitchen is the main thing.



Scene in brief



Janet Jackson is rescheduling part of her Australian tour so she can support her family during the trial of the doctor accused of involuntary manslaughter in her brother Michael's death. Dr. Conrad Murray is on trial in Los Angeles. He is accused of being negligent in his care of the superstar, who died in 2009 of an overdose of the anesthetic propofol at age 50.

THE ASSOCIATED PRESS



Conan O'Brien, Jack Black, others to salute Will Ferrell as he wins top U.S. humour prize.



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THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Quit playing games with my heart, Robert Pattinson's facial hair.



► Robert Pattinson cleans up (sort of) with a goatee.

These photos of the star sporting various beards and goatees over the weekend are the photographic equivalent of putting ketchup on a fine cut of filet mignon: Why ruin such perfection?

On Saturday, the star was snapped with a full beard (and, might I say, horrific sunglasses; was he going for the chubby John Lennon look?) at the Roissy Charles de Gaulles Airport in Paris where he met up with Twilight co-star Ashley Greene. The two are in

town to do promotion for the latest tween blood-sucking installment of The Twilight Saga: Breaking Dawn - Part 1.

Luckily, on Sunday night, he cleaned up for the red carpet for the film's Paris premiere by shaving his beard down to a goatee (he also donned a sleek Dolce and Gabbana suit, which helped). That goatee we ladies can live with. But if you go full-on Brad Pitt/Mark Twain goatee, we're going to have to talk, Robert.

'My family turned their back on me'

► Madonna's brother living under a bridge ► Says family hasn't helped

Madonna's second oldest brother, Anthony Ciccone, is homeless and living under a bridge in Traverse City, Mich., he tells local news site the Michigan Messenger.

"My family turned their back on me, basically, when I was having a hard time," the 55-year-old says. "You think I haven't answered this kind of question a bazillion times — why my sister is a multi-bazillionaire and I'm homeless on the street? Never say never."



ALL PHOTOS GETTY IMAGES
This could happen to anybody."

Ciccone says his troubles started when he lost his job at his father's Suttons Bay winery more than a year ago.

● METRO

Today, Zooey Deschanel is happy with her purchases, Alec Baldwin has a case of Brad Pitt envy, Rob Lowe is globe-hopping, and Jeffrey Ross is having second thoughts.

@ZooeyDeschanel

"to the person who invented online shopping: THANK YOU."

@realjeffreyross

"Starting to regret naming my dog Moammar."

Celebrity tweets



"I wanna be Brad for a day. No. A week. No. Make that a decade."



@RobLowe

"Taking off for a mad dash to Qatar on Miramax business."



@realjeffreyross

"Starting to regret naming my dog Moammar."

No babies for Ellen, Portia

Ellen DeGeneres and Portia de Rossi won't be starting a family anytime soon, the talk-show host says in her new book, *Seriously... I'm Kidding*.

"People are constantly asking Portia and me if we are going to have children.

We thought about it. We love to be around children after they've been fed and bathed. But we ultimately decided that we don't want children of our own. There is far too much glass in our house," DeGeneres jokes.

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ISTOCK PHOTOS

3 life

Cutting weight to drink

► New study shows that “drunkorexia” more common among young women

 CELIA MILNE
LIFE@METRONEWS.CA

Saving calories to go drinking?

The idea of rationing food so there are calories to spend on alcohol is not new. Girl groups laugh about it. College students do it. But it could be a dangerous habit for those in your group who have social and anxiety problems.

Sixteen per cent of college students in a recent U.S. survey admitted to combining disordered eat-

ing and binge drinking. The practice — which has been coined “drunkorexia,” was three times more common in women than men, according to research at the University of Missouri.

“The report doesn’t surprise me and I’d imagine there could be a similar pattern in Canadian students,” says Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

Drunkorexia is not a formal diagnosis but rather an identified pattern of behaviour, she adds. The appeal for students is that they prevent weight gain, get drunk faster and save money.

But kids are toying with powerful forces here, warns Dixon.

“If it’s a trend among friends to use alcohol meal-replacement, some young women in the group may be significantly more vulnerable than others to have the behaviour develop into a full-fledged eating or alcohol disorder.”

Both problems emerge, she says, from the same fundamental difficulty with managing emotions and social interactions.

Victoria Osborne, from the University of Missouri, warned that drunkorexia can have shorter-term consequences such as having difficulty concentrating, being more at risk for violence, engaging in risky sexual behaviour, developing alcohol poisoning, and damaging vital organs. Her research has not yet been published or peer-reviewed.

Getting help

What you need to know

► Advice Some people who regularly skip food and then binge drink are at risk for serious eating disorders and alcohol dependence. If you’re worried about a friend or family member, let them know you’re concerned and tell them you understand, suggests Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

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Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The secret to staying young Research from McMaster University suggests that endurance exercise might help fight,

and even reverse, the signs of aging such as balding, grey hair and thinning skin.

What is endurance exercise? Aerobic activity, such as brisk walking, running or cycling, that improves cardio-respirato-

ry fitness. And the longer you do an aerobic activity, the better your endurance.

So, how was the study done? It may sound strange, but the lead researcher had mice with physical characteristics

comparable to a middle-aged person do 45-minute runs three times a week. Their skin became tighter, and their fur grew back. The theory is that exercise produces hormone-like chemicals that have a beneficial effect on tissues. Of

course, building your endurance takes time. But the potential of finding the fountain of youth seems like a pretty good incentive to me.

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Life as art: NYC artist creating performance piece around birth of her firstborn

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TUESDAY, OCTOBER 25, 2011

Learn how to be that breast cancer husband

► Marc Silver answers questions you are afraid to ask

"Stop talking and listen to your wife saying how much cancer sucks," says Marc Silver, author of *How To Be a Breast Cancer Husband*. He answers questions you could be too scared to ask.

phasis on the good prognosis. Kids can tell if you're lying so be honest with them. Have a weekly update with them on the situation.

pull back she'll think you no longer find her attractive. There are other ways of being connected intimately.

● ROMINA
McGUINNESS

Can we have 'chemo' sex?

Your wife needs husbandly support. The worse thing you can do is go into denial. It may be a human reaction, but it's a selfish one. None of us want to become caregivers but if your wife is feeling lonely and bereft, she needs comfort from the one she loves.

Can we have sex during chemo is an awkward question to ask an oncologist. It's possible to maintain intimacy during chemo. The loss of physical touch is a huge loss and if you

How do we tell the kids?

If there is the slightest bit of uncertainty, wait to be sure before you break the news. Lay out the facts to them but place more em-



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ARE YOUR GOHLS AND GOBLINS LOOKING AFTER THEIR TEETH THIS HALLOWE'EN?

Very soon, schools, streets and houses will be filled with ghosts, ghouls and goblins, all trying their best to spook, startle and scare us! It is a scary time of year as all sorts of vampires, zombies and other fiendish characters will be wandering the streets looking to satisfy their thirst for... sugar!

Halloween can bring great fun. But as a parent, the prospect of our children consuming such large quantities of sticky, sweet, sugary candy is quite frightening! Afterall, when was the last time you heard anything about the positive health benefits of processed sugar!

Getting children to eat healthier is always a challenge. Many schools have been helping by removing chocolate bars, chips or soft drinks from vending machines on their property. But children still have no trouble finding sugary, starchy foods. And we spend Halloween literally giving these foods away!

We know that candies, candy bars and other similar confections have



Dr. Bao Nguyen
Dental Surgeon

Still, not everything about Halloween and all that candy should make your hair stand on end! **Moderate amounts of treats** can usually be overcome by proper cleaning of your little vampire's fangs!

So encourage your children to brush after eating. Remember, the longer sugary foods are allowed to remain on their teeth, the more damage they can do. **Brushing** after every meal and snack can often be your best defense. Two minutes per session is the recommended amount of time. And do not forget to **floss at least once per day!**

So let's all have a frightfully, scary Halloween. Let your children enjoy some sugar, but do your best to make sure it is a moderate amount.

Because limiting the amount of sugar your kids eat is a healthy habit...and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

contributed to the increasing epidemic of childhood obesity.

But they are also contributing to the increasing problem of **tooth decay** amongst young children. In fact, **conditions associated with tooth decay** are one of the most common causes for children of all ages to miss school! Given that missing too much school can result in lower grades, it is understandable that we approach Halloween with some fear and trepidation!

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**Preparation:**

1 Preheat oven to 300°F (150°C). Line baking sheet with parchment paper. In bowl, whisk egg white until frothy. Then whisk in sugar and seasonings until blended. Add peanuts; stir to coat.

2 Spread nuts on prepared baking sheet. Roast in oven, stirring couple of times until nuts are golden brown and mix is barely sticky, 25 minutes. Taste, adding more salt if needed.

Cool completely, breaking up nuts as they cool. Store in an airtight container for a couple of weeks. **NEWS CANADA/PEANUTBUREAU.CA**

Ingredients:

- 1 egg white
- 1/4 cup (60 mL) granulated sugar
- 1 tsp (5 mL) Kosher salt
- 1 tsp (5 mL) dried thyme leaves
- 3/4 tsp (4 mL) each cayenne and garlic powder
- 2 cups (500 mL) unsalted peanuts

Sippy Cup: Coffee & kid break

► This café offers the best of both worlds — kids can play while you sip a steaming cup of java ► Grab lunch items like bagels, Paninis and soups

LUNCH RUSH

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Sippy Cup Café is a haven for parents and Panini fans.

After ordering at the counter, you can settle in at a front banquette or tuck yourself in the back where the floor is padded and the room is filled with entertainment options for

► **Sippy Cup Café**
1104 Klondike Rd.
613-317-0639
Reservations: No
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: Yes
Price range: \$
Rating: 3 out of 5



► Turkey Guacamole Panini (\$5.95) and Coconut Chicken Curry Soup (\$2.99).

the toddler troop.

This café offers breakfast bagels, Panini-pressed-to-order sandwiches, loaf breads, cinnamon buns, bars, and coffee bar drinks.

A soup and Panini combo comes in at less than \$10. And though the Co-

conut Chicken Curry soup was too thick and had an unpleasant flavour, the Panini made up for the soup's shortcomings.

The Turkey Guacamole Panini was sprinkled with cilantro, diced tomato, melted provolone and

tangy pesto mayo. It was a yummy combination.

This café can compete with the best barista bars. It's a place where you can unplug, sit, savour and forget about work or maybe even get a few moments of peace while your kids play.

Spice up apple season in savoury way

► Get this skillet chicken dish bathed in a sweet-savoury sauce of apples and onions on the table in 30 minutes

Curried Apple Chicken Sauté is a great way to use apples in something other than pie or apple sauce. It serves four.

Preparation:

1 In skillet over medium-high heat, melt 15 ml (1 tbsp) of butter. Season chicken on both sides with salt and pepper,

then add half of it to pan. Cook 3 minutes per side, then transfer to a plate. Add remaining 15 ml (1 tbsp) butter and repeat with remaining chicken. Transfer second batch to plate, cover with foil and set aside.

2 Return skillet to heat and add onion. Sauté 4

minutes; add cinnamon, curry powder and paprika. Sauté 30 seconds, then add apples. Toss well to coat, then cover pan, reduce heat to low and cook 5 minutes until apples tender.

3 Uncover pan and stir in vinegar. In glass, mix water and cornstarch,

then add to skillet. Stir, then bring to a simmer. Return chicken to skillet, cover with sauce, then cover skillet and cook 8 minutes or until sauce thickens and chicken is fully cooked. Season with salt and pepper. Serve chicken with apple sauce spooned over it.

THE ASSOCIATED PRESS

der

- 1 ml (1/4 tsp) smoked paprika
- 2 baking apples (such as Cortland or Granny Smith), peeled, cored and finely chopped
- 30 ml (2 tbsp) cider vinegar
- 125 ml (1/2 cup) water
- 15 ml (1 tbsp) cornstarch

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► Charles the Butler advises that if your child is offered a large bowl of candy while trick-or-treating, take a little bit, not a huge handful.

DON'T FORGET YOUR MANNERS ON HALLOWEEN

CHARLES THE BUTLER



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Is there such a thing as Halloween etiquette?
Anonymous

Interestingly enough, yes there absolutely is good Halloween etiquette. Below are six simple guidelines to help you have a fun and great Halloween season.

1. Never cross through the flowerbeds going from house to house. Always walk up the driveway or

walkway.

2. Repeatedly ringing the doorbell is rude and unnecessary. When you arrive at the door, ring the doorbell once and wait for the door to be answered.

3. When answering the door, don't over-scare trick-or-treating toddlers.

4. Don't be greedy. If you're offered a large bowl of candy, take a little bit, not a huge handful, and always say thank you!

5. If the party invitation says "wear a costume," you are required to wear a costume.

6. The hours for trick-or-treating are dusk to 9-ish and then it really needs to come to an end.

HAVE A QUESTION? EMAIL CHARLES AT
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METRONEWS.CA



► Your local farmers' market is a good spot to visit with your partner.

Ideas for your next date

1 Market yourselves
Get fresh with your honey. Take in the sights and sounds of your local farmers' market. Stroll with your sweetie as you linger over fresh fruits and veggies, deli meats and baked goods. Makes the perfect precursor to a romantic date night in—alternate who cooks or make it a team effort.

2 Aw, shucks!
Sample the aphrodisiac powers of oysters! These slippery shellfish are said to boost libidos while satisfying hunger. Hit your local oyster bar to get in the mood.

GO TO 2FORCOUPLES.COM
FOR MORE DATE NIGHT IDEAS

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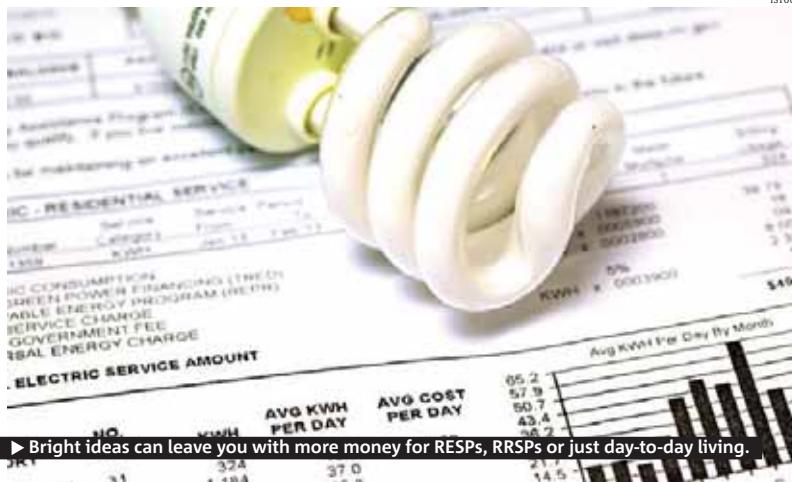
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There are things that only world's largest newspaper can do.
The photos in picture are from previous editions of Photo Challenge.

Don't let high electricity bills burn up savings



ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



With household debt at historically high levels, small surprise that nearly half of all Canadians confess to living paycheque to paycheque.

And, judging by my inbox, many of you despair about ever getting ahead.

Forget the big picture for the moment. It just makes your head ache.

Instead, focus on creating a little financial buffer by saving a few dollars on everyday expenses.

With winter approaching it's an excellent time to reduce your electricity footprint. I tackled mine three years ago.

My husband and I live in a leaky 160-year-old stone house so our experience won't match a townhouse dweller.

Nibbling away at electricity expenses will put nearly \$24,000 in my pocket.

-ALISON'S MONEY RULE

Still, every buck not spent is a buck back in your pocket.

With very little effort we saved at least \$150 a month, or \$1,800 a year.

1. I had an ancient fridge in my basement chugging away.

The Ontario Power Authority hauled it away (and will still do so) for free.

Check your own jurisdiction. BC Hydro, for instance, picks up 10 to 24 cubic foot fridges gratis and gives you \$30 to boot.

2. I've always been pretty good at turning off lights but I went one step further, turning off power bars, the satellite receiver bars and everything else that had a standby setting.

3. We changed to incandescent bulbs in low traffic, non-reading areas. We initially switched everything but found they didn't provide enough illumination for intensive reading or computer work.

4. We weather-striped, caulked like crazy and applied plastic film to windows facing the north westerly's.

5. The temp got tweaked and we adapted

Electricity costs:

- Clothes dryer -- \$500 to \$1,000 annually
- Clothes washer -- \$100 annually
- Old fridge or freezer -- \$150 annually
- Heating and cooling -- 60 per cent of total electricity bill

pretty well to higher air conditioning and lower heat settings.

I estimate that about \$80 of that \$150 monthly savings was through heating and cooling alone.

6. It's become a matter of pride in our house that we use the dryer only for emergencies — for example, when it's 10 p.m. and someone forgot to hang out the sheets.

I now actually prefer the crinkly feel of air-dried clothes and no longer use those icky anti-static sheets.

Voilà! \$150 saved monthly = \$23,636 over 10 years at an average five per cent rate of return. Even more if you put it in your RESP or RRSP.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

FRUGAL IS THE NEW SEXY

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



A rotten economy makes extravagant dating nearly impossible.

Forget full-priced tickets to Arcade Fire or a romantic helicopter ride.

I double dare you to use a coupon on your next date.

According to Coupon-Cabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction.

Of the remaining respondents, 75 per cent said they wouldn't be offended if their date used a coupon to pay.

Times have changed

and it's no longer frowned upon to be frugal while dating.

In fact, if frugality is one of your core values, saving money while dating is a great way to test whether your partner is financially compatible with you.

Downsize your date and focus on spending free quality time together.

Grab a java and go for a walk. Play a game of tennis or Monopoly.

If you're into old movies, rent DVDs from the library. Go grocery shopping and cook a meal at home rather than eating at a fancy restaurant.

DATE ONLINE. You can join online dating communities like eHarmony and use coupons for your membership.

Plus, you can pre-screen your date so that you don't waste time and money getting to know someone who's incompatible with you.

20%

According to Coupon-Cabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction.

ible with you.

Before you whip out a coupon, gauge whether your date would be cool with it or not.

If you think they're into couponing, crack a joke about your Groupon deal of the day, present the coupon to the server and carry on with your conversation.

If you think they'd freak out, sneak the coupon to the server en route to the washroom.

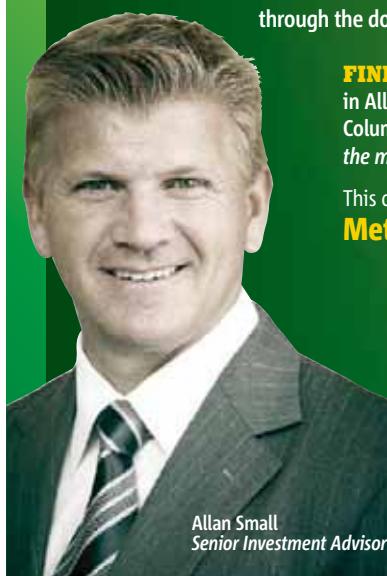
Saving money is sexy. Going into debt to impress a date is not.

POP QUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: Negative news provides a drag on the market.

This column and more available at **Metronews.ca/YourMoney**

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

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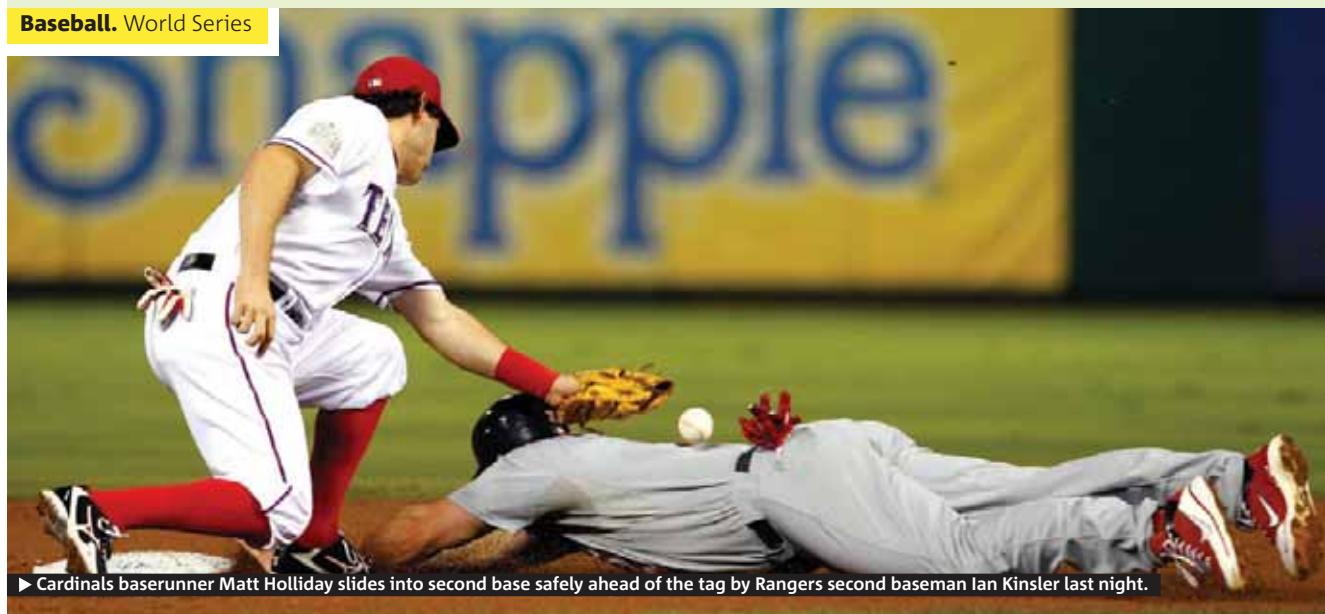
"Children should not mess with fireworks. They can be very dangerous if they are not used in the right way."

MANCHESTER CITY STRIKER MARIO BALOTELLI, WARNING OTHERS ABOUT THE DANGERS OF FIREWORKS, DAYS AFTER HE HAD TO EVACUATE HIS HOUSE BECAUSE OF A FIRE IN HIS BATHROOM CAUSED BY A FIREWORK. BALOTELLI BLAMED THE INCIDENT ON A FRIEND YESTERDAY.



Scan code for more sports news.

Baseball. World Series



► Cardinals baserunner Matt Holliday slides into second base safely ahead of the tag by Rangers second baseman Ian Kinsler last night.

TOM PENNINGTON/GETTY IMAGES

Rangers would stick with Harrison for Game 7: Manager

If the World Series extends to seven games, Rangers manager Ron Washington has no plans to alter his pitching rotation. "It's Harry's game," Washington said yesterday, referring to Matt Harrison. The question came up after left-hander Derek Holland threw 8½ scoreless innings in Game 4 against the Cardinals. Harrison, who made it through only 3⅔ innings in Game 3 on Saturday, would get his next turn in the rotation in Game 7.

THE ASSOCIATED PRESS

Olympic odds looking up

► Trip to London seems more likely after Canadian women's soccer team draws group with Costa Rica, Cuba, Haiti ► Two teams from eight-team tournament will make the cut

A favourable draw has improved the chances of the Canadian national women's soccer team playing at next summer's Olympics, but no one is taking a trip to London for granted.

Canada has been placed in Group A, along with Costa Rica, Cuba and Haiti for the CONCACAF Olympic qualifying tournament, which will be held in January at BC Place Stadium.

"We do like what happened today as far as our

draw," Canadian Soccer Association general secretary Peter Montopoli said after yesterday's draw.

"I think our team will be pleased with it. It is CONCACAF and CONCACAF is a difficult confederation. You have to be on your game and ready for each and every match day."

Coach John Herdman says Canada will need to combine patience and perseverance to be one of the two teams to move on to the Olympics.

How it works

The eight-team tournament will be held Jan. 19-29 at the newly refurbished BC Place Stadium in Vancouver.

"It's not going to be easy," Herdman said in a telephone interview from Guadalajara, Mexico, where the women are competing at the Pan American Games.

"I don't think any game

► The group winners will play the second-place team from the other group in the semifinals.
► The two teams that reach the final qualify for the London Games.

in the qualifying tournament is easy. The challenge is you have to be smart. You can't put your best team out every single game. You have to use the whole squad and be clever with which games you

peak for."

Canada is the top-seeded team in Group A. The powerful U.S. team, which lost to Japan in the final of this summer's Women's World Cup, is the top seed in Group B.

Joining the Americans in Group B are Mexico, Guatemala and the Dominican Republic. CONCACAF is the region that covers North American, Central America and the Caribbean.

THE CANADIAN PRESS

Alfredsson will miss tonight's game with injury

The Ottawa Senators will be without captain Daniel Alfredsson because of an undisclosed injury when they visit the Carolina Hurricanes tonight.

The 38-year-old has

three goals and two assists in eight games with Ottawa so far this season.

Alfredsson underwent off-season back surgery after missing most of the second half of the 2010-11

campaign.

In a corresponding move, the club recalled forward Kaspars Daugavins from Binghamton of the American Hockey League.

THE CANADIAN PRESS

THREE STARS

Spezza honoured

Los Angeles Kings goaltender Jonathan Quick, Ottawa Senators centre Jason Spezza and Washington Capitals goaltender Tomas Vokoun were named the

NHL three stars of the week yesterday.

Quick became the first Kings goalie to post three consecutive shutouts as L.A. improved to 5-1-1.

Spezza registered seven points (three goals, four assists) last week in helping the Senators to two wins in three starts.

THE CANADIAN PRESS

NATIONAL HOCKEY LEAGUE**EASTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	7	7	0	0	0	30	14	14	5-0-0	2-0-0	6-2-1-1	W7
d-Pittsburgh	10	6	2	1	1	30	22	14	3-1-0	3-1-0	6-2-1-1	W3
d-Toronto	7	5	1	1	0	24	23	11	4-0-0	1-1-0	5-1-1-0	W1
Buffalo	7	5	2	0	0	20	13	10	1-1-0	4-1-0	5-2-0-0	L1
Philadelphia	7	4	2	1	0	25	19	9	1-2-1	3-0-0	4-2-1-0	L2
Florida	7	4	3	0	0	18	18	8	2-1-0	2-2-0	4-3-0-0	W1
Tampa Bay	8	3	3	0	2	25	27	8	2-1-0	1-2-0	3-3-0-2	W2
Carolina	8	3	3	2	0	13	16	7	1-1-0	1-1-0	3-2-0-1	L2
New Jersey	6	3	2	0	1	14	14	6	3-1-0	0-2-0	3-3-0-0	L2
NY Islanders	6	3	3	0	0	14	14	6	2-2-1	2-2-1	1-1-0	L1
NY Rangers	6	2	2	1	1	12	12	6	0-0-0	1-1-0	3-5-0-0	L1
Boston	8	3	5	0	0	19	19	6	2-4-0	1-1-0	3-5-0-0	L1
Ottawa	8	3	5	0	0	24	34	6	3-2-0	0-3-0	3-5-0-0	W2
Winnipeg	7	2	4	0	1	16	25	5	2-1-0	0-3-1	2-4-0-1	W1
Montreal	7	1	4	1	1	17	24	4	0-2-1	1-2-0	1-4-1	L5

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-COLORADO	8	6	2	0	0	26	20	12	0-2-0	6-0-0	6-2-0-0	W1
d-Dallas	8	6	2	0	0	19	15	12	4-0-0	2-2-0	6-2-0-0	L1
d-Detroit	6	5	1	0	0	19	14	10	3-0-0	2-1-0	5-1-0-0	L1
Los Angeles	7	5	1	0	1	17	10	11	3-1-0	2-0-1	5-1-0-1	W4
Chicago	7	4	1	0	2	24	18	10	2-0-2	2-1-0	4-1-0-2	L1
Vancouver	8	4	3	0	1	22	23	9	2-1-1	2-2-0	4-3-0-1	W2
Minnesota	8	3	2	1	1	20	9	2-1-0	1-1-1	3-2-2	1-1	L1
Anaheim	7	4	3	0	0	16	18	8	3-2-0	1-1-0	4-3-0-0	L1
Edmonton	7	3	2	0	2	13	12	8	2-1-0	1-1-0	3-2-0-2	W1
St. Louis	8	4	4	0	0	22	24	8	2-1-0	2-3-0	4-4-0-0	W2
Phoenix	7	3	3	0	1	20	22	7	1-2-0	2-1-0	3-3-0-1	W1
Nashville	7	3	3	0	1	15	20	7	0-1-0	3-2-0	3-3-0-1	W1
San Jose	6	3	3	0	0	18	16	6	1-2-0	2-1-0	3-3-0-0	W2
Calgary	7	2	4	1	0	15	20	5	1-2-1	1-2-0	2-4-1-0	L2
Columbus	8	0	7	0	1	17	29	1	0-3-1	0-4-0	0-7-0-1	L8

d = division leaders ranked 1-2 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Toronto at Philadelphia

Florida at Montreal

NY. Rangers at Winnipeg

Sunday's result

Phoenix 5 Anaheim 4

Tonight's games

All Time Eastern

Tampa Bay at Buffalo, 7 p.m.

Pittsburgh at NY. Islanders, 7 p.m.

Ottawa at Carolina, 7 p.m.

Detroit at Columbus, 7 p.m.

San Jose at Nashville, 8 p.m.

Anaheim at Chicago, 8:30 p.m.

Vancouver at Edmonton, 9:30 p.m.

Dallas at Phoenix, 10 p.m.

New Jersey at Los Angeles, 10:30 p.m.

Tomorrow's games

Philadelphia at Montreal, 7:30 p.m.

Colorado at Calgary, 9 p.m.

St. Louis at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	PT
Kessel, Tor	8	6	14
D.Sedin, Vcr	4	8	12
Spezza, Ott	4	7	11
Tavares, NYI	6	4	10
Michalek, Ott	6	4	10
Vanek, Buf	6	4	10
Kopitar, LA	4	6	10
H.Sedin, Vcr	3	7	10
Backstrom, Wash	2	8	10
Neal, Pgh	8	1	9
Skinner, Car	3	6	9
Seguin, Bos	3	6	9
M.Bergeron, TB	2	7	9
Phaneuf, Tor	2	7	9
Pominville, Buf	2	7	9
Karlsson, Ott	1	8	9

Not including last night's games

SUNDAY**COYOTES 5, DUCKS 4****First Period**

1. Phoenix, Hanzal 1 (Boedker, Vrbata) 4:41
2. Anaheim, Visnovsky 1 (Perry, Sbisa) 8:21
3. Anaheim, Getzlaf 1 (Selanne, Fowler) 14:02
4. Phoenix, Hanzal 2 (Vandle) 14:44

Penalties — Macenauer (Ana) holding) 11:01, Hanzal Pho (delay of game) 18:45.**Second Period**

5. Phoenix, B.Gordon 1 (Pyatt, Korpikoski) 4:41
6. Phoenix, Korpikoski 2 (Pyatt, Aucoin) 6:27
7. Phoenix, Yandle 1 (Doan, Whitney) 7:56
8. Anaheim, Foster 1 (Beauchemin, Koivu) 13:31

Penalties — Torres Pho, Sbisa Ana (fighting)

9:55, Hanzal Pho (hooking) 11:27.

Third Period

9. Anaheim, Getzlaf 2 (Visnovsky) 18:52

Penalties — Macenauer (Ana) cross-checking)

- 0:15, Miele Pho (hooking) 1:57, Selanne Ana (holding) 9:27, Ekman-Larsson Pho (delay of game) 16:28.

Shots

Phoenix 10 13 12

Anaheim 9 13 11

Goal (shots-saves) — Phoenix: Smith (W,2-2-

1); Anaheim: Hiller (L,3-3)(O)19-14), Ellis

(12:04 second)(16-16). Power plays (goals-chances) — Phoenix: 0-3; Anaheim: 0-4.

Referees — Brad Watson, Linesmen — Brian

Mach., At London

Attendance — 13,240 (17,174) at Anaheim,

Calif.

At London

Chicago 24 Tampa Bay 18

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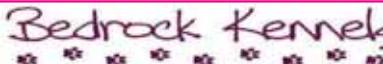
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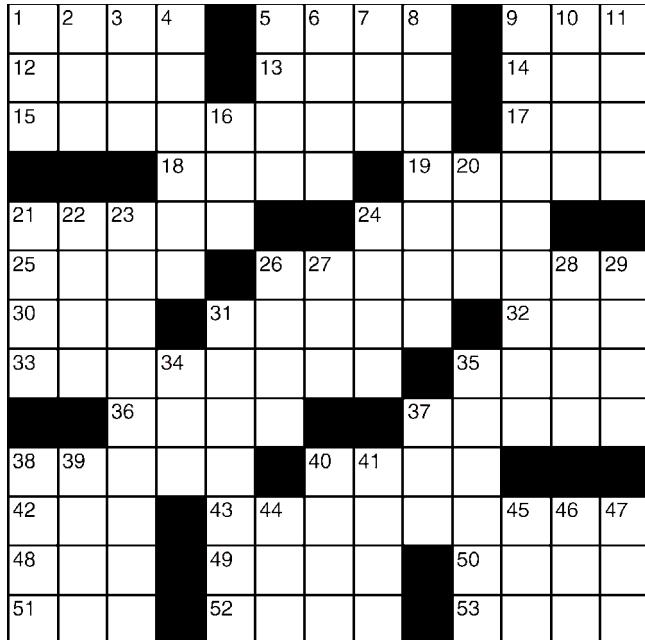
Crossword

Across

1 Send forth
 5 "— company, ..."
 9 Scepter
 12 Broad
 13 Furnace output
 14 — out a living
 15 Find not guilty
 17 Savings plan acronym
 18 Person, place or thing
 19 "Loves me (not)" determinant
 21 Had a home-cooked meal
 24 Old woman's home?
 25 Coffee vessels
 26 Company agent
 30 Money of Moldova
 31 "The Age of Anxiety" poet
 32 Brewery product
 33 Insisted on
 35 List-ending abbr.
 36 Historic times
 37 Concerning
 38 More angry
 40 Macadamize
 42 Lawyers' org.
 43 Work together
 48 Obtain
 49 Camel feature
 50 Singer Campbell
 51 Sailor's assent
 52 Puppies' calls
 53 Harvard rival

Down

1 Lamb's mama
 2 Blend
 3 Altar affirmative
 4 Serena's game



- | | | |
|-----------------------------|-------------------------|------------------|
| 5 From one end to t'other | 26 Lather | 46 Aviv preceder |
| 6 Slowly withdraw (from) | 27 Citric quaff | 47 Compass pt. |
| 7 Cereal tidbit | 28 Verve | |
| 8 Sondeheim or Colbert | 29 Hide | |
| 9 Say again | 31 Lawlessness | |
| 10 Veggie in Creole cooking | 32 Thoroughfare (Abbr.) | |
| 11 Transaction | 38 Long story | |
| 16 Lo-o-ong time | 39 Do as you're told | |
| 20 Dawn goddess | 40 "— and Circumstance" | |
| 21 "Lang Syne" | 41 iPad downloads | |
| 22 Genealogy chart | 44 French assent | |
| 23 Count | 45 Carte lead-in | |
| 24 Coaster | | |

► Yesterday's answer

O	A	T	S		A	L	A	O	K	R	A
U	L	U	L	A	T	E	S		S	H	E
R	I	G	O	R	O	S		W	A	N	E
T	A	M	P	A		F	A		U	G	A
S	L	A	Y		R	I	G	I	D	L	Y
P	A	X	C	E	L	E	B	E	E		
R	I	G	H	T	E	D		P	A	L	E
O	A	R	S		A	I	S				
C	H	E	A	P	O		A	S			
H	E	A	T		R	I	G	A	T	O	N
E	L	S	E		S	L	I	P	O	V	E
F	L	E	E								

Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

► **Capricorn** Dec. 22-Jan. 20

What occurs over the next few days will prompt you to accept that maybe you don't know it all.

► **Aquarius** Jan. 21-Feb. 18

You need to take a radically different approach in certain important areas of your life, particularly on the home front.

► **Pisces** Feb. 19-March 20.

It is time to let go of something, or maybe someone, you have come to rely on a bit too much. It won't be easy, of course, but it can and must be done if you are to move on to better things.

● SALLY BROMPTON

just because you can't understand what it's supposed to be about.

► **Virgo** Aug. 24-Sept. 22 You have a nasty habit of telling yourself that you are not good enough to succeed but that's nonsense.

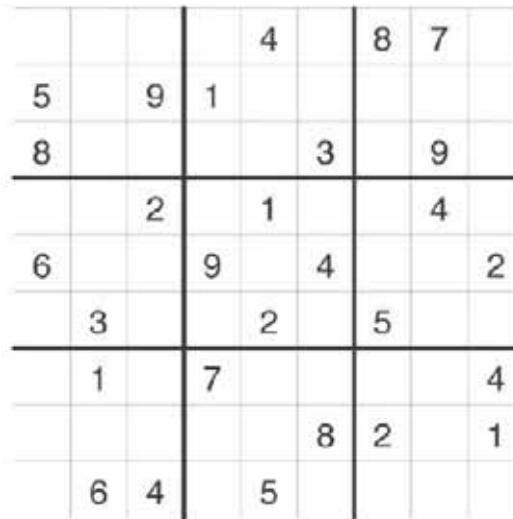
► **Libra** Sept. 23-Oct. 23 You often find it hard to make up your mind.

► **Scorpio** Oct. 24-Nov. 22 Don't make any hard or fast relationship decisions just yet.

► **Sagittarius** Nov. 23-Dec.

At some stage today you will realize that what you were hoping for is not going to happen, but that's actually pretty good news.

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	9	6	4	2	7	1	3	5
2	4	5	1	6	3	7	9	8
7	1	3	5	8	9	4	6	2
3	5	2	7	9	4	6	8	1
1	8	4	2	5	6	9	7	3
6	7	9	3	1	8	5	2	4
4	3	8	6	7	5	2	1	9
9	6	1	8	4	2	3	5	7
5	2	7	9	3	1	8	4	6

Today



9°/2°
Variable

Wednesday



9°/1°
Variable



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Caption contest



"Okay can
SOMEONE please
scratch my back?!"
RYAN

MICHAEL SOHN/THE ASSOCIATED PRESS



WIN!
You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



metro

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Cheers:,
 Always keep your face towards the sunshine — and shadows will fall behind you. Laugh is good for you.
LOVE YOUR SMILE :)

Melzy,
 I love yew seww much and I will always be there when you are wondering 'who am I?' I love to speak whale with you. Dear..Mr..
 Royal..Hampton.. I hope you will see this and we will laugh about it over our morning fogs. <3 <3 <3
DOC

Walty Sweezey,
 I am going to miss you so so much. Please take good care of Betsy & keep her company. Tell her I'll be back before she knows it & in the meantime I'd want her to have many adventures & write to me about them. Love you both :)
:) STEPHIE L.

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Visit a retail location for hosiery, bodysuits and basics that are perfect for your Halloween alter ego, and get scary good deals of up to 65% off when you build your costume at www.americanapparel.net



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